

Take the  
Smoke-Free  
**HOME**  
Pledge



go outside for your kids

1-866-SMOKE-FREE [www.epa.gov/smokefree](http://www.epa.gov/smokefree)



# Pledge

to make your home  
and car smoke-free:

Call the Smoke-Free Home Pledge Hotline at 1-866-SMOKE-FREE (1-866-766-5337) or take the pledge online at [www.epa.gov/smokefree](http://www.epa.gov/smokefree).

When you pledge, you can request a Smoke-Free Home Kit which includes:

- Letter with ideas on keeping a smoke-free home and car
- Smoke-Free Home Magnet
- Smoke-Free Zone Decal
- Smoke-Free Home Certificate
- Take the Smoke-Free Home Pledge Brochures (for you to give to others)



1-866-SMOKE-FREE [www.epa.gov/smokefree](http://www.epa.gov/smokefree)

# How

to keep a smoke-free  
home and car:

- Choose not to smoke in your home and car and do not allow others to do so. Infants and toddlers are especially vulnerable to the health risks from secondhand smoke.
- Do not allow childcare providers or others who work in your home to smoke.
- Until you can quit, choose to smoke outside. Moving to another room or opening a window is not enough to protect your children.

*Join the millions of people who are protecting their children from secondhand smoke. Take the smoke-free home pledge today.*



# According

to the National Cancer Institute, there are links between secondhand smoke and:

- Sudden Infant Death Syndrome (SIDS)
- New cases of childhood asthma
- Behavioral and cognitive problems in children

*Breathing secondhand smoke can be harmful to your children's health. You can protect your children by making your home and car smoke-free. Take the smoke-free home pledge and protect your children from the health risks of secondhand smoke.*

# EPA

has found that children who  
breathe secondhand smoke  
are more likely to suffer from:

- Bronchitis and pneumonia
- Wheezing and coughing
- More ear infections
- More frequent and severe asthma attacks



1-866-SMOKE-FREE [www.epa.gov/smokefree](http://www.epa.gov/smokefree)



# Help

spread the pledge  
in your community:

- Encourage family, friends, parents and caregivers to take the pledge and make their home and car smoke-free. Help them to understand the health risks to children from secondhand smoke.
- Make sure your children are not exposed to secondhand smoke at their school and other childcare places.
- Educate others through local hospitals, doctors, or community groups about the health risks from secondhand smoke.

To pledge, call 1-866-SMOKE-FREE (1-866-766-5337) or visit [www.epa.gov/smokefree](http://www.epa.gov/smokefree) to pledge and for more information.



United States  
Environmental Protection  
Agency

Indoor Environments  
Division (6609J)  
Office of Air & Radiation

EPA-402-K-03-001  
January 2003